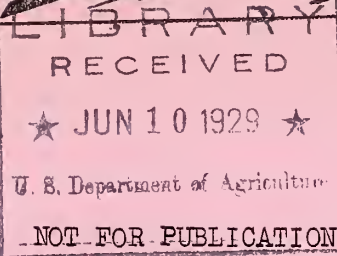


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Housekeepers' Chat

Wednesday, June 12, 1929.

Subject: "Ice Cream Making in the Home." Information from O. E. Williams, Bureau of Dairy Industry, U. S. D. A.

--ooOoo--

The other day some one sent me a sample of fresh strawberry ice cream, from the Bureau of Dairy Industry. The sample was so intriguing that, like Oliver Twist, I asked for more.

"You can get more," I was told, "if you'll go over to the East Wing of the Agricultural Building, where Mr. Williams, one of the ice cream specialists in the Bureau of Dairy Industry, is making ice cream."

I lost no time in locating the source of supply. One doesn't get old-fashioned strawberry ice cream every day in the year. As I told Mr. Williams, I thought the home-made product had gone out of style, in this day of factory-made foods.

"Out of style!" said Mr. Williams. "Hardly! I should say that the good old custom of making ice cream at home is very much alive -- from 40 to 50 million gallons are made annually in American homes."

Mr. Williams told me so much about new wrinkles in making homemade ice cream, once we got started, that I asked him to tell my radio audience something about making ice cream at home.

"Please tell us first," I said, "why it is that an amateur ice cream maker, like myself, has such a hard time turning out a smooth, well-flavored and hardened product?"

"Success in making ice cream," explained Mr. Williams, "depends largely on the proportion of ingredients and the methods of freezing. I should say the one great trouble is that the recipes you usually follow are too brief, and they don't give you exact facts on the quality of ice cream you can expect from different mixtures and methods of freezing."

As I told Mr. Williams, I always suspected the recipes. You see I've become so accustomed to working with tested radio recipes, that I always view the common variety of recipe with suspicion.

"Please, Mr. Williams," I said, "will you tell me, briefly, the important things that a person should know about ice cream mixtures?"

"Yes, I'll give you some points on making ice cream mixtures, and a recipe for two quarts of good ice cream. You may want to write this recipe, for future reference. There is nothing better than homemade ice cream, on sizzling summer days.

"In the first place, remember that whole milk mixtures will not produce a smooth velvety texture. You have to use cream. And the cream mixture must be well sweetened. Otherwise the texture will be hard and brittle, and the flavor will be insufficient.

"Secondly, mixtures rich in fat whip readily, and are easily kept firm, but mixtures too heavily sweetened are difficult to freeze, to harden, and to keep firm. I suppose you have noticed that chocolate and strawberry mixtures are troublesome to freeze and harden properly. That's because they often contain too much sugar."

"What about using gelatin?" I asked. "Does that improve the mixture?"

"Yes," said Mr. Williams, "gelatin improves ice cream mixtures. That's especially true if you are using a mixture made mostly with milk and a little cream. Then a little gelatin will give a smooth texture. And if you intend to harden or 'pack' the ice cream before serving, gelatin is especially valuable.

"Now I am going to tell you how to make a mixture that will produce two quarts of very satisfactory ice cream. There are five ingredients in this mixture:

- 1 quart market cream, testing 17 to 20% fat
- 1/2 pint whole milk
- 1/2 pint sugar
- 1-1/2 teaspoons powdered gelatin, and
- 1/2 to 1 teaspoon vanilla extract

Perhaps I had better repeat that: (Repeat ingredients) Does that recipe sound O. K., Aunt Sammy?"

"Fine," I said, "for straight vanilla ice cream. What do you do to make a fruit ice cream?"

"Simply add one-half pint of crushed fruit, sweetened as you like it, just before the mixture finishes freezing. Keep on turning the crank for about two minutes after you add the fruit. And be sure to have the fruit pulp mashed as fine as possible -- this prevents a coarse texture and icy particles."

"So far, so good," I said. "Now can you give me some practical pointers on methods of freezing?"

"Well, to begin with, cool the mixture thoroughly after you have prepared it. If possible, make it up the night before, and keep it in the refrigerator over night. You will find that this will greatly improve the flavor and texture. Now if you use that recipe I gave you, for two quarts of ice cream, you will need to pack the whipping can in six pounds of finely crushed ice. Pour in on the crushed ice a pint of cold water, and put a pound of rock salt

or common salt on top of the ice. Then roll up your sleeves and turn the freezer slowly for eight minutes, saving a little wind and arm power so that you can turn it fast for two minutes. Usually this ten minutes of cranking will leave the ice cream just ready to pack. You know how to do that of course -- take out the dasher and level off the ice cream in the can -- then add four pounds more of crushed ice and sprinkle one-half pound of salt on top of it. Then cover the tub with a heavy piece of cloth or paper, and let the ice cream stand for two hours before you serve it. Any more questions?"

"Yes, I want to know one more thing -- how do you keep that freezer from wobbling -- Uncle Ebenezer says that wobbling ice cream freezers have inspired more strong language than balking mules. Is there any cure for a wobbling ice cream freezer?"

"Certainly. You can prevent the freezer from wobbling, and make it easy to operate, by fastening and weighting it down to the table with a heavy cord. Or, if you are working out doors, set the freezer in a grooved platform made with wooden cleats. You ought to be able to figure out a satisfactory platform without plans.

"And now, Aunt Sammy, let me give you an idea for a novel and attractive way of serving frozen desserts. Here it is. Get out one of your small group muffin pans and fill it with ice cream, immediately after Uncle Ebenezer has completed the cranking process. Fill each ring clear to the top, cover the whole pan with a flat tin cover. You can submerge the pan in the ice and salt or the brine mixture in the tub, without any danger of getting brine into the ice cream. In twenty minutes, the ice cream will be hardened and ready for serving. When you take it out, just dip the muffin pans into lukewarm water."

I thanked Mr. Williams for his information, and for his fresh strawberry ice cream. Serving refreshments with interviews is a practice which appeals to me very much, especially in the summer time.

Tomorrow, have your pencils and notebooks ready, for a menu and a new recipe.

By the way if you want a copy of Mr. Williams' directions for making ice cream at home, I'll be glad to send them to you.

(NOTE: Mimeographed copies of Mr. Williams' talk will be sent on request.)

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